



UCOOK

Caramelised Spicy Beef & Rice

with a cucumber salad

Your kitchen will be the centre of attention tonight as aromas of mouthwatering ginger, tomato paste, worcestershire sauce, & chilli mince fill the air while being caramelised with silky, sweet onion. Served with a satisfying serving of brown basmati rice and a zesty cucumber & greens salad.

Hands-on Time: 40 minutes

Overall Time: 50 minutes

Serves: 3 People

Chef: Jordyn Henning

Simple & Save

Stettyn Wines | Stettyn Family Range Merlot 2022

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Ingredients & Prep

225ml	Brown Basmati Rice <i>rinse</i>
450g	Beef Mince
2	Onions <i>peel & roughly slice</i>
75ml	Tomato Paste Mix <i>(45ml Tomato Paste & 30ml Worcestershire Sauce)</i>
30g	Fresh Ginger <i>peel & grate</i>
2	Fresh Chillies <i>rinse, trim, deseed & roughly slice</i>
300g	Cucumber <i>rinse & cut in half lengthways</i>
45ml	Lime Juice
60g	Salad Leaves <i>rinse & roughly shred</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey

1. RICE Place the rinsed rice in a pot with 700ml of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 25-30 minutes. Drain (if necessary) and cover.

2. MINCE Place a pan over medium-high heat with a drizzle of oil. When hot, fry the mince and work quickly to break it up as it starts to cook. Fry until browned, 4-5 minutes (shifting occasionally).

3. FLAVOURFUL MINCE Add the sliced onions to the pan and fry until soft, 4-5 minutes. Add the tomato paste mix, the grated ginger, and the sliced chilli (to taste). Fry until fragrant, 1-2 minutes. Mix in 300ml of water and simmer until slightly thickening, 5-6 minutes. Remove from the heat and season.

4. SALAD Using a spoon or a knife, gently scoop out the seeds from the cucumber and cut into half moons. In a bowl, combine the lime juice with a drizzle of olive oil, a sweetener (to taste), and seasoning. Add the sliced cucumber, the shredded leaves, and toss to combine.

5. DINNER IS READY Make a bed of the fluffy rice, top with the flavourful mince, and side with the fresh salad. Garnish with any remaining sliced chilli. Well done, Chef!

Nutritional Information

Per 100g

Energy	565kJ
Energy	135kcal
Protein	6.7g
Carbs	15g
of which sugars	2.3g
Fibre	1.8g
Fat	5.7g
of which saturated	2g
Sodium	63mg

Allergens

Allium, Sulphites

Eat
Within
3 Days